

# IRVINE VALLEY COLLEGE HEALTH & WELLNESS CENTER

## COMMUNITY MENTAL HEALTH REFERRALS

### \*FREE THERAPY

#### A Quarter Blue

Orange, CA 92867  
(714) 932-0845

Cost: Free for Survivors of Crime  
**Therapy**

#### ICNA Relief & Crescent Family Center

Fullerton, CA 92382  
(714) 399-4571

Cost: 12 Sessions Free  
**Therapy**

#### Hoag Mental Health Center

Newport Beach, CA 92663  
(949) 764-6542medi

Cost: Free, Medi-Cal, Cal-Optima  
**Therapy**

#### OCHCA Community Counseling

##### Supportive Services

Orange, CA 92868  
(714) 645-8000

Cost: Free  
**Therapy**

#### South OC Family Resource Center

Lake Forest, 92630  
(949) 364-0500

Cost: Free  
**Therapy**

*\*If Certain Criteria are Met*

### LOW-COST & SLIDING SCALE

#### Camino Health Center

Lake Forest, San Clemente &  
San Juan Capistrano, CA  
(949) 240-2272

Cost: Sliding Scale, Most Insurances,  
Cal-Optima, Covered CA

**Therapy, Psychiatric Assessment,  
Psychological Assessment**

#### Living Success Center

Santa Ana, 92705  
(949) 645-4723

Cost: Sliding Scale- \$15 Minimum, Most  
Insurances

**Therapy, Psychiatric Assessment,  
Medication Management**

#### Mosaic Mental Health Group

Orange, CA 92868  
(714) 340-7755

Cost: \$60-\$70 for Sliding Scale,  
Cigna/Evernorth, Aetna, United/Optum  
**Therapy, Psychological Assessment**

#### Norooz Clinic Foundation

Santa Ana, CA 92705  
(714) 386-9171

Cost: Sliding Scale: \$35 Minimum, Aetna,  
Cigna,

Magellan, Blue Shield of CA  
**Therapy, Psychological Assessment**

#### OCAPICA: Project Rise & Project Mpower

Garden Grove, CA  
(714) 461-3687

Cost: Free for Medi-Cal & Medi-Care  
**Short-Term Therapy, Psychiatric  
Consultations with Project Rise**

### LOW-COST & SLIDING SCALE

#### OMID

Irvine, CA 92612  
(949) 502-4721

Cost: \$10 Minimum

**Therapy, Psychological Assessment,  
Case Management**

#### Open Path Psychotherapy Collective

<https://openpathcollective.org/>

One-time- \$65 Fee, then  
\$30-\$70 per Session

**Therapy Referrals**

#### Pepperdine University Counseling Center

Irvine, CA 92612  
(949) 223-2570

\$45 intake (1-3 Sessions), \$25-\$95  
Afterwards  
**Therapy**

#### Straight Talk Counseling Center

Santa Ana, CA 92704  
(714) 828-2000

\$35 Minimum per Session

**Therapy, Sober Living, Housing  
Referrals**

#### Trinity Counseling Ministries

Mission Viejo, CA  
(949) 257-2251

Cost: Sliding Scale  
**Therapy**

#### Turning Point Center for Families

Costa Mesa, CA 92626  
(714) 547-8111

Cost: \$50 Intake, Sliding Scale  
**Therapy**

### PSYCHIATRY

#### Alliance Psychiatric Group

Irvine, CA 92612  
(714) 769-6090

Cost: \$350 Initial Cost, \$150 Follow-Up, Most  
Insurances, Cal-Optima, Medicare  
**Psychiatric Diagnosis & Medication  
Management**

#### Harbor Psychiatry & Mental Health

Newport Beach, CA 92660  
(949) 887-7187

Cost: Cal-Optima, Most Insurances, Insurance  
Co-Pay for Psychiatric Assessment, up to \$600  
for Psychological Assessment  
**Therapy, Psychological Assessment,  
Psychiatric Assessment, Medication  
Management**

#### Hurtt Family Health Clinic Tustin

Tustin, CA 92782  
(714) 247-0300

Cost: Sliding Scale, Cal-Optima, Most  
Insurances

**Therapy, Medical, Dental, Acupuncture,  
Ophthalmologist, Medication Management**

#### Western Youth Services

Santa Ana, CA 92701  
(714) 704-5900

Cost: Cal-Optima & Medi-Cal Only  
**Therapy, Case Management, Psychological  
Assessment, Psychiatric Assessment,  
Medication Management**

# IRVINE VALLEY COLLEGE HEALTH & WELLNESS CENTER

## COMMUNITY MENTAL HEALTH REFERRALS

### CRISIS LINES & WARMLINES

**Be Well-OC (Big Blue Van)**  
Non-Emergency Crisis Response Team  
(949) 724-7200

**Centralized Assessment Team (CAT)**  
Behavioral Health Crisis Service  
(855) 625-4657

**County Crisis Stabilization Unit**  
Emergency Psychiatric Evaluation &  
Crisis Stabilization- 18 and Older  
(714) 834-6900

**Maternal Outreach Management  
System (MOMS)**  
Prenatal Services, Health screenings  
(714) 972-2610

**OC Elder/Dependent Adult Abuse  
Hotline**  
(800) 451-5155

**OC Links**  
OCHCA Behavioral Health Resources  
(855) 625-4657

**OC Nami Warmline**  
Emotional and Family Support  
(714) 991-6412

**OC Resource Line**  
Assists OC residents with Critical Social  
Services  
Dial: 211

**Suicide Hotline/9-8-8**  
Suicide Prevention and Crisis Line  
9-8-8 (Call or text) or (800) 273-8255

### LGBTQIA+ RESOURCES

**CHOC Gender, Puberty and Sex  
Development Program**  
Orange, CA 92868  
(888) 483-5670

Cost: \$65- \$100 per Session. Medi-  
Cal & Cal-Optima

**Therapy, Medical & Social Services**

**LGBTQ Center- OC**  
Santa Ana, CA 92701  
(714) 953-5428  
Cost: Sliding Scale

**Therapy, Transitioning Assistance,  
Name Change Clinic, Legal Aid**

**Radiant Health Centers LGBTQ+**  
Irvine, CA 92614  
(949) 809-5700

Cost: Free, Cal-Optima, Medi-Cal  
**Therapy, Groups, HIV Testing,  
Hormone Replacement Therapy**

**Shanti OC**  
Laguna Hills, CA 92653  
(949) 452-0888  
Cost: \$65-\$200 per session, Most  
Insurance, Kaiser, Cal-Optima  
**Therapy, Groups, HIV/AIDS Care,  
Services for Non- LGBTQIA  
Community**

**Trans Lifeline**  
(877) 565-8860  
**Emotional & Peer Support for Trans  
Community**

**Trevor Project Lifeline**  
(866) 488-7386 or Text: 'START' to  
678678

**Suicide Prevention Hotline**

**UCI Gender Diversity Program**  
(714) 456-6025

Cost: Sliding Scale, Most  
Insurances, Medi-Cal

**Hormone Replacement Therapy,  
Specialty Referrals**

### DOMESTIC VIOLENCE RESOURCES

**Child Abuse Reporting Hotline**  
(714) 940-1000 or (800) 207-4464

**Domestic Violence Assistance Program**  
(714) 935-7956

**Housing, Legal Services, Children,  
Family, Group Counseling, Substance  
Abuse Program**

**Human Options**  
Irvine, CA 92620  
Cost: Free for Domestic Violence Survivors  
(877) 854-3594

**Housing, Legal Services, Family Therapy,  
Empowerment Programs**

**Laura's House- Domestic Violence  
Advocacy**  
Garden Grove & Aliso Viejo  
(714) 450-6131

Cost: Free for Hardship or Court  
Appointed, \$30 if Referred

**Therapy, Housing, Legal Services,  
Empowerment Programs**

**National Domestic Violence Hotline**  
(800) 799-7233  
**Provides Local Resources**

**RAINN - Rape Crisis Sexual Assault  
Hotline**  
(800) 656-4673  
**Survivor Services**

### SUBSTANCE ABUSE RESOURCES

**Alcoholics Anonymous- OC**  
(714) 556-4555  
<https://www.oc-aa.org/>  
**12- Step Recovery Program**

**Be Well- OC**  
Orange, CA 92868  
(949) 749-2500  
Cost: Most Private Insurance, Medi-  
Cal, Cal-Optima  
**Crisis Stabilization, Sobering Center,  
Substance Abuse Services**

**Cornerstone of Southern California**  
Tustin, CA 92780  
(714) 547-5375  
Cost: Most Insurances  
**Drug & Alcohol Detox & Treatment**

**Encompass Counseling and Recovery  
Center**  
(888) 690-0900  
Cost: Sliding Scale  
**Therapy, Psychological and Psychiatric  
Assessments, Addiction Treatment,  
Domestic Violence**

**Narcotics Anonymous**  
(714) 590-2388  
<https://orangecountyna.org/ocwp/>

**Orange County Rescue Mission**  
Tustin, CA 92782  
(714) 247-4300

**Housing, Transitional Housing, Job  
Training, Law Clinic, Food Ministry,  
Parent- Child Enrichment Center**

**Phoenix House**  
Santa Ana, CA 92701  
(714) 953-9373  
Cost: Health Net, Blue Shield, Cal-  
Optima, Medi-Cal  
**Addiction, Behavioral Health,  
Residential & Outpatient Programs**

### LEGAL AND OTHER RESOURCES

**Addictive Eaters Anonymous**  
(657) 999-3303  
**12- Step Recovery Program**

**California Courts Self-Help  
Resource Guide**  
<https://selfhelp.courts.ca.gov/ge-t-free-or-low-cost-legal-help>  
Cost: Free or Low-Cost

**Codependents Anonymous**  
<https://coda.org/>  
**12- Step Recovery Program**

**Community Legal Aid SoCal**  
Santa Ana, CA  
(800) 534-5001 or (714) 571-  
5200  
Cost: Free or Low-Cost  
**Housing, Health, Immigration,  
Domestic Violence, Public  
Benefits**

**Embark Behavioral Health**  
Newport Beach & Woodland Hills  
(888) 989-6173  
Cost: Flexible, Most Insurances  
**Therapy, Gaming Addiction,  
Residential Care**

**Legal Aid Assoc. of SoCal**  
<https://www.lawhelpca.org/>  
Cost: Free or Low- Cost

**Public Law Center**  
Santa Ana, CA 92701  
(714) 541-1010  
Cost: Free or Low-Cost